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On the cover:

Amn. Tonya Toche-Howard prepares a needle. Inset, SrA. Stacy Holmberg looks at a dental x-ray.

Photo by SSgt. Scott Davis

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48th MDG –serving community

By Col. Steve Meigs
48th Medical Group

What does quality medical care mean to you? Is it an emergency room trip with your feverish and crying 14 month old at 2 a.m. on a Sunday morning? Is it the technician at the dental clinic who gives you your annual cleaning? Is it the field clinic at your deployed location that conducts daily sick call for your unit and reminds you not to drink the local water? Or, is it the immunization team visiting your workplace and administering the medical force protection program?

The truth is that all of these are part of our military health care system, plus a lot more. This issue of the "Jet 48" is designed to tell you all about the many and varied aspects of the 48th Medical Group.

Like the other groups in the Liberty Wing, we are focused on providing our customers the very best service possible. While all our products and processes relate to health care, they cover a broad range of services and capabilities. We have tried to touch on as many of these as possible in this edition and hope that you will find it both informative and useful. It might be a good idea to save this copy of the "Jet 48" for future reference and even to pass along to newcomers to answer their questions about health care in the community. Our vi-

sion of being "USAFE's best medical team, providing superior community-centered and prevention-based healthcare" describes what we want to be for you. Our superbly trained and highly skilled team of officers, enlisted personnel, civilians and volunteers are dedicated to achieving excellence in meeting your healthcare needs – you deserve nothing less than the best. For us, community-centered means reaching out to all our beneficiaries in the RAF Lakenheath - RAF Mildenhall community and beyond to the geographically separated units throughout the United Kingdom and north to Norway. This outreach includes meeting the healthcare needs of this community, but also extends to active involvement like our recent community partnership with the RAF Feltwell Middle School, our newly chartered Medical Explorer's Post, and support to the annual Retiree's Appreciation Day. Our goal is to help each of you achieve the best mental and physical health possible, while maintaining a responsive, state-of-the-art medical system that is available for you and your families when you do need it. The primary reason we have blue-suit medical personnel is to support and sustain our warfighters – for us, readiness is job one. Our promise and commitment to you is that we will provide the best medical care possible in war, peacetime, or during contingencies. You should expect and accept nothing less.

Surety inspection 2 days away

Words from the commander, vice

By Col. Doug Richardson
48th Fighter Wing commander

As we go into next week's rigorous inspection, I ask each member of the Liberty Team to give it your best and be safe. Remember, this is an "attention to the details" battle we're fighting.

In this battle, victory won't be achieved by courage, bravado, superior weaponry or innovative tactics; it'll be won, rather, by using our heads... backed up by our training, knowledge, checklist-compliance, and accurate documentation.

It's a key test, nevertheless, and one that we must do well on! So for this fight, stick to the proven tactics that you've rehearsed and the structured checklists that you've used. Supervisors, ensure there's a strong mutual support and "defense in depth" to ensure we target the "spitters."

Rise to the challenge and always remember, you're the best combat team in the command!

By Col. Steven Paladini
48th Fighter Wing vice commander

We're just two days away from hosting 55 evaluators from four different government agencies. I know you're all as ready for them as I am! Team Lakenheath has worked extremely hard over the past year preparing for this evaluation. There are a few key things I want everyone to remember as we head into the Surety Inspection.

Concentrate on core competencies: All the polish doesn't mean much if we can't perform our basic tasks competently and confidently. Let the evaluators see how we focus on the important issue -- doing the core tasks the best of any wing in USAF. The emphasis is on teamwork and showing the evaluators the meaning of "Team Lakenheath."

Defense in depth: Leadership at all levels is what it's called here. Supervision and guidance comes from all players. Call it "buddy-care" or checks and balances, but it amounts to "defense in depth" to ensure the job at hand is done right -- first time, on time.

Team Lakenheath is ready for this inspection. Our own evaluation team has repeatedly tested us and put the wing through very tough paces, so I know we're capable and ready to perform at our best! Good luck, and go out there and water their eyes!

48th Medical Group

Commander



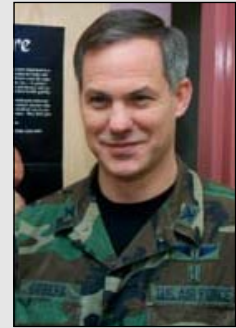
Col. Steve Meigs
Time in service: 21 years
Time on station: Seven months
DEROS: March 2000

Administrator



Col. Steven Regner
Time in service: 20 years
Time on station: Six weeks
DEROS: August 2000

Deputy Commander



Col. Raymond "Tom" Barbera
Time in service: 22 years
Time on station: Five years
DEROS: June 1999

48th Medical Support Squadron Commander



Lt. Col. Brown
Time in service: 23 years
Time on station: Two years
DEROS: July 1998

First Sergeant



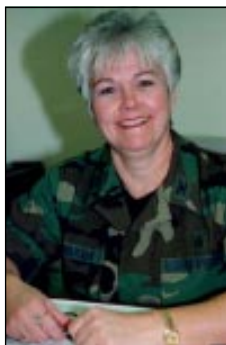
SMSgt. Michael Pirolu
Time in service: 21 years
Time on station: Five months
DEROS: May 2000

48th Dental Squadron Commander



Lt. Col. Benjamin Blackham
Time in service: 27 years
Time on station: Three months
DEROS: July 2000

48th Medical Operations Squadron Commander



Col. Linda Henderson
Time in service: 19 years
Time on station: Three years
DEROS: June 2000



48th Aerospace Medicine Squadron Commander



Lt. Col. Richard Bachmann
Time in service: 12 years
Time on station: Two months
DEROS: July 2000

Medical Group chiefs



CMSgt. Michael Kille
48th MG enlisted manager
Time in service: 26 years
Time on station: 19 months
DEROS: March 1999



CMSgt. Billy Cornelius
Personnel and administration
flight chief
Time in service: 27 years
Time on station: Two years
DEROS: August 1998



CMSgt. Robin Hepton
Medical logistics flight man-
ager
Time in service: 29 years
Time on station: Three years
DEROS: June 1998



CMSgt. Sharon Letner
Quality and resource advisor
Time in service: 22 years
Time on station: Three years
DEROS: April 1998

48th Medical Support Squadron mission vital

By Capt. Editha Heberlein
48th Medical Support Squadron

The men and women of the 48th Medical Support Squadron provide all the resources supporting the Air Force's largest overseas medical facility with six flights and more than 220 assigned military and civilian personnel.

We are responsible for administering a group budget more than \$13.5 million, a \$38 million military construction project, and maintaining all 11 of the medical group buildings covering nearly 400,000 square feet.

The best medical logistics account in U.S. Air Forces in Europe two years running ensures that sufficient supplies and equipment are available and functioning properly to meet the health care needs of more than 45,000 beneficiaries.

The personnel and adminis-

tration flight serve our most valuable asset, our people, and provides administrative and orderly room functions to more than 760 group personnel.

The managed care flight is currently bringing TRICARE online in Europe as it has become a reality throughout the Air Force Medical Service.

Our information systems personnel provide technical and administrative support for seven different medical information systems comprised of more than 725 computer CPUs and terminals.

Additionally, we operate the USAFE Clinical Reference Laboratory supporting 11 different treatment facilities, the combined blood donor and transshipment center that supports both peacetime and wartime operations, and the medical equipment repair center which supports 19 sites throughout Europe.

Emblem symbolizes group support for 48th Fighter Wing

By Capt. Beth Pavlovich
48th Medical Operations Squadron

The 48th Medical Group traces its roots back to the 48th Tactical Fighter Wing hospital activated at RAF Lakenheath July 1, 1971.

March 31, 1992, the name was officially changed from the 48th Tactical Fighter Wing hospital to the 48th Medical Group with the implementation of the objective wing.

The 48th Medical Group emblem symbolizes the interdependency and support between the 48th Medical Group and the Liberty Wing.

The blue background in our emblem alludes to the sky, the primary theater of Air Force operations.

The color yellow alludes to the sun, and the excellence of personnel in assigned tasks.

The red cross is symbolic of the hospital, a place of refuge

in both times of peace and strife.

The olive branch and the thunderbolt depicts the hospital service in both peace and war.

The directional symbol, with the central spinning earth, symbolizes the idea of reaching out to serve others, as the effects of medical care reaches out to the patient and humanity.

The 13 stars of the outer ring are symbolic of the 13 stars in the emblem of the Liberty Wing. It's also symbolic of the many enlisted technicians who are needed to support the medical mission of the six major corps.

The six central stars are representative of the six corps of the medical group: the medical corps, nurse corps, biomedical science corps, medical service corps, dental corps and the veterinary corps.

With this emblem, the interlocking dependency and support so necessary to the medical mission are shown.



TRICARE 24-hour information line (0800) 89-6409

TRICARE Europe offers assistance of a personal health advisor, a 24-hour health care information line that can give answers to immediate questions. In addition, taped information is available on a wide variety of medical topics (such as diabetes, hypertension, weight control, etc.). You can call anytime, day or night, seven days a week, without charge. It's fast, easy to use, and confidential! The health information line is not meant for emergencies. If you have a true emergency, seek care at the nearest emergency room.

48th Medical Operations Squadron: Working for the community's health

By Capt. Editha Heberlien
48th Medical Operations Squadron

The 48th Medical Operations Squadron is the hospital outfit most people turn to when they need to see a health care provider. In short, the 48th MDOS provides or arranges for the care of the defined beneficiary population. Our squadron of 425 members (doctors, nurses, administrative staff, and medical technicians) are arranged in six flights: medical specialties, mental health, operations support, primary access, maternal/child, and surgical services.

Flight services

Your first encounter in our squadron usually begins in the operations support flight when you drop off your medical records during in-processing and when you call to make an appointment. The operations support flight consists of outpatient records, the personnel reliability program, central appointments, and clinical records/medical transcriptions.

The elements of the primary access flight are the family practice clinic and emergency services. At family practice, family-centered health care is provided. The scope of care they offer includes general medicine, obstetrics and pediatric care. In the emergency room, emergency and urgent care for the sick and injured is provided 24 hours a day.

The medical specialties flight is the "all others" of the squadron. Here specialists and technicians require highly complex and specialized training in diverse areas of patient care. Services are allergy and immunizations, dermatology, internal medicine, cardiopulmonary, neurology, and physical therapy. Additionally, the multi-service unit provides medical, surgical and pediatric inpatient ward care. Of note, the allergy element is the U.S. Air Forces in Europe Regional Mixing Lab for allergy extracts and the command regional training center for providers, technicians, and nurses.

The mental health flight offers a broad spectrum of bio-psychosocial functions through the mental health clinic, family advocacy service, occupational therapy service, and inpatient mental health. The substance abuse program also falls under this flight.

The maternal child flight incorporates the outpatient services of the OB/GYN clinic, pediatric clinic, Air Force Services for Exceptional Children, and the inpatient obstetrical unit. Women's prenatal and postnatal care are addressed in the OB/GYN clinic as well as routine annual pap and mammography exams. Recently, we have launched an aggressive breast cancer awareness campaign educating women on the importance of self-examinations. Our base community has a large child population and our

work-load reflects that in the pediatric clinic. Here, board-certified pediatricians and pediatric/primary care nurse practitioners see newborns to people 18 years old. Rounding out the flight is the AFSEC element which offers educational, psychological, and physical therapy consultative service and care for children with special needs.



Photos by SrA. Robert H. Gerlach

SrA. Beverly Alcorn, 48th Medical Operation Squadron, tends to a patient in the ambulance.

The staff works closely with the school system in the identification and management of children with cognitive and physical challenges.

Finally, the surgical services flight offers orthopedic, pediatric and general surgery, urology, ophthalmology, and ear, nose, and throat services — outpatient and inpatient capability. Here, we also have the operating room, recovery room, anesthesia, and ambulatory care staff. Of note is that we have the only orthotic lab, or brace shop, in the command. Highly skilled enlisted craftsmen construct and repair prosthetic devices for patient requirements.

Challenges

We are continually challenged with providing: state-of-the-art medical care and staff education in the face of declining budgets; maintaining and improving patient access while responding to recurring deployments (which pull our providers and support staff from the doctor's office and surgical suite); and improving community education and the ability to better self care for long-term health and quality of life.

To meet those challenges, we are continually assessing our processes to determine what works and what needs improving. By realigning resources from inpatient services to outpatient arenas, we are able to man our primary care managers. These are our primary gate-keepers who see the majority of our clients. Taking "best

practices" from other military treatment facilities and civilian health care agencies, we now have expanded hours in our primary care managers. By offering early morning and evening appointments in our more heavily used clinics, our customers can make appointments which complement their schedules; allowing us to better match resources to patient needs.

The entire health care community has changed its focus from intervention (mending someone after disease or injury has occurred) to prevention (teaching you how to be and stay healthy). Aiding us in this long term commitment is the "Put Prevention Into Practice" program. It's a proven tool designed to help the Air Force medical service focus on disease prevention, health promotion, and building healthy communities. Counseling, immunizations, physicals, and screening tests are being utilized to enhance readiness and improve the health of all our customers. By teaching our beneficiaries healthy life styles, intercepting serious illnesses early, and reducing the inappropriate demand for health care services, the program encourages efficient use of medical resources across the wing.

But our support to the USAFE mission takes us out of the confines of the hospital buildings. Within the last year we have had forward based medical operations in Zagreb, Croatia, Tuzla, Bosnia, Brindisi, Italy, Saudi Arabia, and South Africa. Our allergist, dermatologist and senior obstetrician are command consultants and are tapped to see patients in Italy and Turkey. Many

See MDOS, Page 15



SSgt. Kimberly Scalberg, 48th MDOS, helps SSgt. Richard Williams.

Cranky molars to bright, white smiles, 48th Dental Squadron has it covered

By SMSgt. Robert Baker
48th Dental Squadron

The 48th Dental Squadron provides comprehensive dental care to personnel and family members in the RAF Lakenheath and RAF Mildenhall communities, as well as providing referral and consultation services throughout the United Kingdom and U.S. Air Forces in Europe.

With 26 dental officers assigned, and more than 85 support staff (including approximately eight Red Cross volunteers), the squadron is one of the largest dental units in the Air Force. Services provided include restorative dentistry (fillings), preventive dentistry (examinations and cleanings), endodontics (root canals), periodontics (care of gum disease), prosthodontics (crowns and bridges), oral surgery (extractions), orthodontics (braces) and pediatric dentistry (children). The mission of the 48th Dental Squadron is to "provide quality dental care to all active-duty members and maximize family-member access."

Maintaining the highest levels of dental health in the active-duty force is a significant readiness issue and the primary role of the

squadron. To accomplish this, the squadron provides annual examinations and cleanings for all active duty personnel. Active-duty members can take a proactive role in maintaining their dental health by keeping scheduled examination appointments whenever possible, and rescheduling promptly when duty commitments prevent them from attending.

Family care

Taking care of family members is a huge part of the dental squadron's mission. More than 45 percent of all care in the past year was provided to family members, averaging more than 2,100 patient visits a month. In addition to examinations, cleanings, and restorative treatment, orthodontics and children's dentistry are big areas where the squadron really takes care of their own.

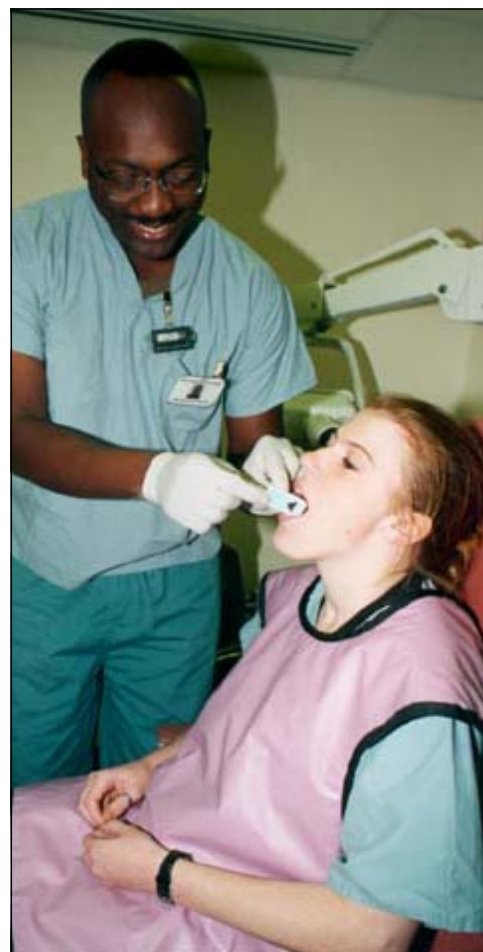
For the most part, orthodontic care is provided as a continuation of care for active duty personnel and family members who transfer to the community while undergoing active orthodontic treatment. Because of the large number of patients in this situation, the opportunity to initiate new orthodontic care is extremely limited and doesn't permit starting treatment for spouses.

The indication to initiate new treatment is limited to patients with severe skeletal problems posing a serious functional or developmental problem if not treated. Consultations are provided on a space-available basis requiring a referral from a military general dentist.

Children's care

Children can access the dental clinic in several ways. Children under three can be seen through a well-baby dental program.

Two mornings a month from 8-11 a.m., children can be seen by the pediatric dentist at the RAF Lakenheath Community Center. No appointments are necessary. Children receive an exam, cleaning, fluoride treatment, and oral hygiene instructions. Upcoming dates for the well-baby dental program are Nov. 3 and 17, and Dec. 1 and 15.



Photos SrA. Robert H. Gerlach

SSgt. Kennie Celestine prepares Amn. Holly Stoddard for a dental x-ray.

Future dates will be announced.

To schedule a dental exam and cleaning for children between the ages of 3 and 12, call the dental clinic at Ext. 1846 or 2976 between 7:30 a.m. - 4:30 p.m. Preschool children (ages 3-5) are seen by the pediatric dental staff. School-age children (ages 6-12) can be seen by either the pediatric dental or the general dentistry staff.

Priority is given to special-needs children of active-duty members. These children may access the dental clinic through a referral from their pediatrician or the AFSEC staff, or parents may call the dental clinic directly.

Appointments

The dental squadron is located in building 944, directly behind the officers' club. Expanded clinic hours are 7:30 a.m. - 6 p.m. Monday through Thursday. Friday hours are 7:30 a.m. - 4:30 p.m.

Patients should call Ext. 1846 or 2976 for appointments or information. The RAF Mildenhall clinic is currently being renovated, and will open soon for patients.

All eligible patients are authorized emergency treatment 24 hours a day. This service is intended to treat dental emergencies only.

Emergency care can be obtained after duty hours by reporting to the RAF Lakenheath emergency room. Daytime sick-call walk-in is 7:30 a.m. and 1 p.m. Monday through Friday.



SSgt. Cindy Coleman (left) and Maj. (Dr.) Jose Ibanez-Pabon work on Gus Brown, son of SSgt. Dane Brown from the 352nd Operations Support Squadron.

While it's the smallest squadron in the 48th Medical Group, it has a significant impact on all aspects of force projection and protection. "Keep 'em fit, keep 'em flying" is its motto. Taking care of flyers and their families, protecting the environment, ensuring workplace safety, maintaining mission readiness, and making the base a healthy place to live is its business, the 48th Aerospace Medicine Squadron is the

Tip of the medical spear for RAF Lakenheath, RAF Mildenhall

Many different, diverse flights make up the aerospace medicine squadron, each providing a valuable service to the community. See Pages 13 - 15 for informative articles on the squadron.

Optometry clinic protects Liberty Wing's sight

**By Lt. Col. Brian LeStrange
48th Aerospace Medicine Squadron**

The 48 Medical Group optometry clinic is the only U.S. military provider of optometric care in the United Kingdom. Staffed by two optometrists and two technicians, the clinic's primary purpose is to provide timely eye care for the military personnel assigned in the local community and throughout the United Kingdom. In addition, the clinic examines as many other eligible beneficiaries as possible.

For those family members who are unsuccessful in obtaining an appointment on base, an alternate, free solution exists. They can obtain their eye care from off-base British optometrists at no cost due to two different programs. Families enrolled in TRICARE Prime can see the local eye care specialists associated with this health care program. Also, children of U.S. military personnel can be examined under the British National Health Care System. Further information on both of these programs can be obtained from the hospital's health benefit advisor at Ext. 6207.

The optometry clinic staff works closely with many sections of the hospital to ensure patients' ocular well-being. As an important member of the 48th Aerospace Medicine Squadron, optometry optimizes the visual skills of aviators. The importance of keen sight in their duties is critical. Aware of prevention's role "in building healthier communities," optometry readily participates in the health and wellness center's initiatives by stressing eye safety and the need for regular eye examinations. Additionally, annual screening of pre-schoolers at the Department of Defense Dependent Schools helps identify vision problems in some of the youngest members of the military community.

Operational medicine flight main health care providers for aircrews, flyers, families

**By Maj. Steve Higgins
48th Aerospace Medicine Squadron**

The operational medicine flight is responsible for the preventive health, medical treatment, physiological training, and welfare of all Lakenheath and Mildenhall aircrew and special operational duty personnel (such as air traffic controllers, and space operations personnel). Additionally, the flight provides comprehensive medical care for all family members (over 2 years old) of aircrew and special operational-duty personnel. Active-duty flyers and their family members should be with the flight medicine primary care manager team. This TRICARE arrangement ensures ready access to quality medical care and enhances continuity of care. The vast majority of primary care services are available in the clinics; however, when the situation warrants, referrals for specialty care will be arranged. Services are provided at the flight surgeons offices at RAF Lakenheath and RAF Mildenhall by highly experienced flight surgeons and aeromedical technicians. Appointments are available between 9 a.m. - 4 p.m. by calling Ext. 3211, or 89-2143 between 7:30 a.m. - 4 p.m. Lakenheath offers extended evening appointments from 4 - 5:40 p.m.

The physical examinations and standards section provides many services for Department of Defense personnel assigned within the United Kingdom including flying and non-flying physicals, occupational health exams, physical profiling, worldwide duty qualifications, and DNA sampling. The newest and most exciting program, the preventive health assessment program, consolidates routine non-flying physicals, flying and special operational duty physicals, and occupational physicals into one program with a disease and injury prevention focus. Experience has proven that prevention is far more effective than intervention. PES services can be reached at Ext. 3639.

In addition to providing comprehensive aeromedical care at RAF Lakenheath and RAF Mildenhall, operational medicine personnel are frequently tasked to deploy with the flying squadrons. On such deployments, they are primarily responsible for the medical care and preventive services for all deployed personnel, utilizing host nation or existing U.S. facilities at the deployed location.

The vast array of flight medicine services and programs contribute to the health and well being of the 48th Fighter Wing and are essential to maintaining operational readiness.



Photo by SrA. Jeff Capenos

How fitting!

SSgt. Gary McCullens fits eye glasses for a customer at the optometry clinic. The clinic helps many people improve their sight every year.

Bioenvironmental ensures safe working conditions

By SSgt. Richard King
48th Aerospace Medical Squadron

The bioenvironmental engineering flight conducts evaluations of occupational and environmental exposures to chemicals, radiation, and physical hazards like heat and cold stress. These evaluations are conducted for RAF Lakenheath, RAF Mildenhall, RAF Feltwell, and supported geographically separated units throughout the United Kingdom and Norway.

For workers in more than 200 industrial shops, we conduct annual shop visits to identify, evaluate, and recommend controls for actual and potential exposures. The information we gather on worker's occupational exposures are reviewed by a flight surgeon and public health officer to determine if and what types of annual physicals workers are required to have.

The flight is an integral member of the hazardous materials pharmacy, which provides central control, authorization, and issue of all hazardous materials used on RAF Lakenheath and RAF Feltwell. They must approve the use of all hazardous materials for industrial workplaces. This approval is given based on a review of the need for the material, its health hazard potential, and the equipment the shop utilizes to protect those working with the material. Another responsibility we have is to conduct training and fit testing of all Air Force workers required to wear respirators as part of their job.

In addition to monitoring industrial work-

places, the staff samples the base drinking water supply to ensure it is in compliance with U.S. and U.K. environmental regulations. To comply with the U.S. Safe Drinking Water Act, technicians conduct weekly testing of the water at RAF Lakenheath and RAF Feltwell for bacteria and quarterly testing for other contaminants. The staff also tests building materials for lead or asbestos. The majority of this testing is done before buildings are renovated or demolished. In the past year, the flight has reviewed more than 750 work orders and design projects.

The base radiation protection office is responsible for monitoring occupational and environmental exposures to radioactive materials, lasers, and radio frequency radiation. This includes measuring the radiation produced by medical, dental and industrial X-ray equipment, and issuing badges to X-ray technicians to record their exposures to radiation.

Because the flight provides a wide variety of surveillance for hazardous materials and physical agents, it is a major player in RAF Lakenheath's emergency response capability. The flight stands ready to advise the commander of all health hazards associated with accidents, spills, or other major incidents. When called upon, they can perform samplings of the air, soil and water to determine the extent and severity of contamination possibly caused by an accident. The flight has a war-time mission, too, and remains ready to deploy at any time. During deployments, the flight performs the same basic tasks done in peacetime — ensuring a safe working and living environment for all Air Force personnel.

Public health looks out for base welfare

By TSgt. Michael Philbert
48th Aerospace Medical Squadron

The public health office consists of 14 enlisted members and three officers who oversee all preventive medicine activities at RAF Lakenheath, RAF Mildenhall, and RAF Feltwell. Disease prevention and education is the mission of public health. The medical food inspection office, located behind the commissary, is responsible for ensuring foods conform to contract requirements and wholesomeness standards while protecting the financial interest of the government. The flight provides food-handler training and conduct sanitation inspections for all food and public facilities to prevent food-borne illnesses.

The epidemiology section interviews and educates patients with sexually transmitted diseases (and ensures their partners are contacted and treated. In addition, we screen all hospital personnel immunization records for annual requirements and maintain a database for more than 750 employees. We are also available to present STD or HIV briefings at commanders' calls.

Our occupational health section is responsible for conducting industrial shop visits to more than 198 shops to ensure safety and health standards are being maintained for the more than 4,000 personnel monitored on the occupational health program. Pregnant employees are interviewed to determine if any health risks or chemical exposures occur in their workplace. We also investigate job-related occupational injuries and illnesses such as hearing loss, carpal tunnel syndrome, tendinitis, back injuries to help us determine if any trends are occurring in the workplace. We have a variety of ear-plugs to choose from and provide ear-plug fittings during duty hours.

The readiness section gives thorough medical intelligence briefings to all deploying personnel. Whether it's Saudi Arabia or another deployment location, we educate personnel on diseases, safe food and water precautions, which plants and animals to avoid, personal protective equipment, weather and climate, field sanitation, heat/cold stress, and required immunizations. We can provide travelers with this information too. Call Ext. 2235.

For more information, call the medical food inspection office at Ext. 3806 from 6 a.m. - 3 p.m. or our main public health office at Ext. 2235 from 7:30 a.m. - 4:30 p.m., located in building 984 across from Keesler Credit Union.



Medical training is important

Several 48th Medical Group members practice taking care of a military member stricken during a simulated chemical attack. The group practices extensively so they'll be proficient if a real-world disaster occurs.

Photo by SrA. Scott Asche

Health promotions encourages base to 'shape up'

By Maj. Sherry Sasser
48th Aerospace Medical Squadron

The health and wellness center's mission



Photo by SrA. Robert H. Gerlach

Chris Jordan (left), an exercise physiologist and Capt. Bill Collins work out during the Ultimate Circuit class.

at RAFs Lakenheath and Mildenhall is to motivate and educate people to adopt a healthier lifestyle, thereby promoting military readiness. Our programs for both active duty and family members ensure a lifelong commitment to a healthier lifestyle.

The flight offers several key programs for health improvement. The tobacco cessation class is a two month nicotine patch-augmented program that is offered at variable hours to accommodate shift workers. The stress management classes are offered on a weekly basis. In addition, the self-care program is a program to educate individuals, with the aid of the self care book, on the prevention and self-care management of minor health issues. Another area of awareness is responsible drinking — the "By the Numbers" program is a non-attributive class directed towards responsible drinking.

Interested in getting trim and being healthy? The "Helping Everyone Achieve Longevity Through Health" program is on the cutting edge of prevention and health promotion. HEALTH is a multi-disciplinary approach to educating, treating, and managing individuals with weight, health, and fitness concerns. Nutritional medicine, behavior modification, family practice, health promotion, exercise physiology, and the fitness center are key members who provide briefings on areas of expertise as well as counseling. Beginning in January, this program will see an expansion into the "Lifestyle,

Exercise, Attitudes, Relationships, and Nutrition" program, a 12 -16 week course and the heart and soul of weight loss maintenance. Losing weight is much easier than keeping it off.

A fit force is the goal. This effort is guided and directed by Chris Jordan, an exercise physiologist. In the eight months Jordan has been with the HAWC, he has had approximately 1,500 appointments with a four - six week waiting list. His most recent addition is a new fitness class designed to improve all aspects of physical fitness in minimal amount of time. It's called the "Ultimate Circuit." The class has been so successful that an extra class was added to meet the high demand. He is also introducing a recreational running club, the HAWC Harriers, for those individuals who want to improve their health and fitness but are looking for something different. All non-elite, first time runners are welcome.

These are just a sample of the variety of programs and classes that the HAWC offers. Injury prevention, cancer prevention and awareness , back classes and of course, cycle ergometry program are also integral parts of the HAWC.

We look forward to seeing each one of you at least once during the next year and hope many of you become regulars. If you have any queries or interest in any programs, call the Lakenheath HAWC at Ext. 2710 and the RAF Mildenhall HAWC at 89- 7161.

Readiness prepares to go anywhere, anytime

By Capt. Kim Schmidt
48th Aerospace Medical Squadron

Readiness is a big part of the deployable mission of the wing and the medical group. The medical group maintains personnel and logistical resources to support a 50-bed, air-transportable hospital, several air transportable clinics, patient decontamination teams, a "flying ambulance surgical team (FAST)" and more. The Liberty medics are home to the only Air Force pediatric module, ready to deploy around the globe if needed. The FAST team has recently deployed to Operation Guardian Retrieval in Africa, and remains ready and capable of deploying within two - six hours of tasking.

In the past two years, medical personnel have supported such taskings as Operation Joint Endeavor, Joint Guard, Southern Watch, Northern Watch, Deny Flight, and others. One of the air transportable hospitals is still deployed to Zagreb, Croatia, in support of military

forces in the area.

The 48th Medical Plans and Readiness office (AMDS/SGPX) is responsible for tracking all RAF Lakenheath active duty members for self aid and buddy care. Should any 48th Fighter Wing or 3rd Air Force unit be tasked for deployment, 48 AMDS/SGPX is a one-stop shop for ensuring individuals are medically and dentally qualified.

Every summer, medical readiness hosts to more than 200 Reservists and/or Air National Guard members who come from various CONUS units and train within the 48th MDG for two weeks at a time. This spring, the Liberty medics readiness office will be hosting a mobile Red Flag event for approximately one month. During this time, all medical personnel who are on mobility will receive extensive training so they will be ready for any and all types of field conditions. Working 24 hours a day to serve the 48th FW and 3rd AF, Medical Plans and Readiness is at your service and can be reached at Ext. 5911/2563.

MDOS

From Page 8

of our providers and specialists out-reach to Navy London, Norway, Iceland, Italy, and Turkey on a regular basis.

We have sponsored several "mil-to-mil" associations bridging invaluable professional and communications links with Bulgarian and Hungarian medical counterparts.

We have a mobility mission with 85 percent of the staff filling a mobility billet. These unique medical mobility packages range from a 45-bed air transportable hospital to a 21-member team specializing in pediatric services. Each package is deployable within 24 hours for humanitarian, contingency, and natural disasters.

Our commitment to excellence in many undertakings has garnered us an "Excellent" on the Phase I NATO Tactical Evaluation, an "Excellent" on the Phase II NATO Tactical Evaluation, an "Excellent" PRP during aon surety inspection, and a 97 (out of a 100) grid-score on the Joint Commission Accreditation of Health Care Organizations (which sets the medical industry standard of compliance and excellence).

Our people have earned accelerated promotions, quarterly and yearly awards, and command level accolades.

But, it is the staff's commitment to the physical and psychological needs of another human being that has the men and women of the 48th MDOS standing out in the wing.

Donating blood supports medical group mission

By SSgt. Janet Shain
Blood bank NCOIC

Every two weeks, the 48th Medical Group blood donor center collects blood.

Every month, RAF Lakenheath sends 14 units of blood to Incirlik, Turkey, 11 units to Joint Guard, and units are sometimes sent to support other missions. This is why donors are so important. Forty to 50 donors are needed per blood drive to support many military units worldwide, as well as military family members located in the United Kingdom.

Donating blood is safe and sterile. Before collecting blood, a complete donor history is needed. The history includes all foreign travel, vaccinations, body piercing and tattoos, all of which could affect the donor's acceptability. The donor's temperature, blood pressure and iron level are also taken. Then, if everything checks out, the blood donor team tries to make volunteers as comfortable as possible, before taking blood. This includes a comfortable chair to relax in and a movie volunteers can watch while having their blood drawn. Cookies and kool-aid are offered after blood is drawn.

After the volunteers have all left, the blood donor center processes units of blood and readies the units for use. They test units for blood types, diseases such as HIV, hepatitis or syphilis. When a unit passes each test, it is labeled and ready to use. Units of blood are good for 42 days. Donating blood is easy, and volunteers are always welcome.

To donate blood, members must:

- ☐ be in good health;
- ☐ be older than 17;
- ☐ weigh more than 110 pounds;
- ☐ not have donated in the past two months;
- ☐ bring identification cards;
- ☐ not exercise three hours prior to donating blood;
- ☐ eat a good meal before donating;
- ☐ drink plenty of fluids prior to donating.

Although donors are needed, members who have been to Turkey or who got tattoos or body piercing done, can't donate for at least one year. Also, those taking antibiotics can't donate until one week after their medication is complete.

The blood donor center is located next to Electric Avenue. For more information call Ext. 6524. Remember, we're out for blood.

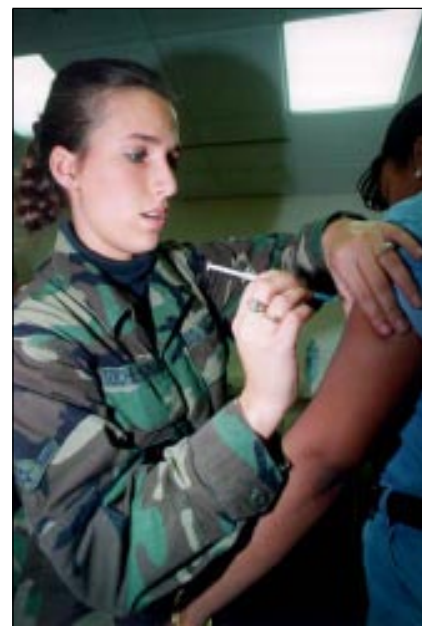


Photo by SrA. Robert H. Gerlach

Stick it to me!

Amn. Tonya Toche-Howard immunizes a patient. The immunization clinic helps many patients a year stay healthy and active during TDYs, deployments and day-to-day activities.

Pharmacy has refill system for base convenience

By Maj. Jerome Ersland
48th Medical Support Squadron

The RAF Lakenheath pharmacy has a automated prescription refill system known as ONPARS, an acronym for On-line Pharmacy Automated Refill System. This refill system is a significant improvement over current systems due to the fact that the patient is provided with prescription refill information while on the phone. The ma-

chine informs the patient how many refills are left and when the medications will be ready for pickup. Prescriptions can be called in 24 hours a day, seven days a week at (01638)-523-767 or on the new toll-free line 0800-919-121, which can be utilized from throughout the United Kingdom.

The refill system is simple to use. If you have a touch-tone phone, you'll be able to call the refill line and punch in the numbers needed. The system interacts with the pharmacy computer and will prompt you on the

information it requires. If your phone does not have touch-tone capability or if you need to leave a message, such as needing your prescription mailed, do not punch in any numbers.

The computer will sense you have no response after a few seconds and will ask you to record your message.

The automated refill system frees up time and allows more technicians to take care of patients at the prescription windows and expedite service.

Sick-call times

Family practice active-duty sick call:

Sick call is daily from 6:30 - 7:30 a.m. and 12:30 - 1 p.m. weekdays. Patients sign in and pick up their records to see a provider for an acute need.

Pediatric active-duty sick call:

From 7 - 7:30 a.m.; pediatric patients (accompanied by an active duty parent in uniform) can be seen for an acute need at this time.

Internal medicine active-duty sick call:

7:30 - 8:30 a.m. weekdays.

A1C Aaron Brown takes Teresa Garza's temperature and blood pressure at the family practice clinic.



Photo by SrA. Robert H. Gerlach

Program ensures high-quality care

TRICARE is the new Department of Defense managed-care health program designed to improve access, ensure affordable and high-quality care, provide choice, and contain overall DOD cost.

There are two TRICARE options available in Europe: Prime and Standard. Enrollment in TRICARE Prime is mandatory for active-duty members. Family members have the option for enrollment into Prime. If they elect not to enroll into Prime, they will be covered by the Standard benefit. Before making a final decision on the choice for family-member enrollment, here are a few important facts:

TRICARE Europe Prime

Each primary care manager serves as the medical manager for all of your health care needs, to include preventive health care, caring for your episodes of illnesses, and giving referrals to a specialist when needed.

Since your manager will manage your health care, he or she will always be your point of contact for routine medical care. If your manager cannot meet your specific health care needs, he or she will coordinate a specialty appointment with the appropriate physician.

The specialist will notify your primary care manager of his or her findings so that your manager can continue to manage your care.

Low cost: Cost for authorized health care provided by host-nation providers will be covered 100 percent for TRICARE Europe

Prime enrollees. When admitted to the military-treatment facility, active-duty members and their families will incur inpatient charges. The daily rate for inpatient services is \$7 per day for active-duty members. The family member rate is \$9.90.

The European coverage only applies while in the overseas area. When traveling back to the continental United States, there are cost-shares related to authorized civilian health care, depending upon your rank a \$6 - \$12 charge is assessed for outpatient visits, and a trip to a civilian emergency room would result in a \$30 charge.

Priority access to medical care: The majority of the appointments in the Military Health Service System will be geared towards Prime enrollees. Individuals who opt for Standard are seen on a space-available basis at military treatment facilities. TRICARE Europe Program provides the following access standards for Prime enrollees:

Maximum wait for primary care

☐ One day for urgent care (sick call for active-duty members)

☐ One week for routine visit

☐ Four weeks for well-care visit

Maximum wait for specialty care

☐ One day for urgent care

☐ Four weeks for routine care

TRICARE Europe Standard

This option represents the traditional CHAMPUS benefit. This is the benefit for those family members who decline PRIME enrollment. You can seek care from any civil-

ian health-care provider who accepts CHAMPUS. See the health benefits advisor located at the TRICARE Service Center in the hospital for assistance in seeking civilian health care. You will be responsible for an annual deductible and cost share.

A deductible is the cost of health care for which you are fully responsible before you can receive benefits through Standard. Once you have met your deductible, your Standard benefits begin to help pay for your health-care costs.

A cost share is the cost of health care you are responsible for and is dependent upon your sponsor's military status and pay grade. Your cost share is usually based on a percentage of the CHAMPUS allowable. The cost to beneficiaries under Standard:

Annual deductible: All beneficiaries selecting this option will be required to meet the annual CHAMPUS deductible (E-4 and below: \$50 per person, \$100 per family; E-5 and above: \$150 per person, \$300 per family).

Cost sharing. After the deductible has been met, beneficiaries will also have a cost sharing responsibility for all subsequent bills based on their beneficiary status.

Active-duty family members will cost share 20 percent of the billed charges and will also have an annual \$1,000 catastrophic cap on all out-of-pocket expenses (maximum you will pay per family member per year).

All beneficiaries living in the local area of the hospital will still be required to obtain a nonavailability statement for admissions to civilian medical facilities and for some civilian outpatient visits.

TRICARE Prime

Traveling overseas

By Capt. Rachel Turner
TRICARE flight commander

TRICARE Prime is a worldwide health benefit.

When traveling throughout Europe or within the United States, your medical care is taken care of, but there are certain policies in place you must be aware of.

First, seek care from the closest available facility. If a military facility is nearby, attempt to obtain care in that location first.

Second, pre-authorization for emergency and urgent care while traveling is not required for family members.

Third, family members should not seek routine care when traveling. Routine care should be provided by your primary care manager to ensure continuity and quality of care.

Four, if ever hospitalized, contact your primary care manager or the TRICARE Service Center at Ext. 6210.

Finally, if you incur a bill, a claim form can be picked up in the TRICARE Service Center and submitted to: Foreign Claims, WPS-CHAMPUS, P.O. Box 8976, Madison, WI 53708-8976. Attach a copy of the itemized bill to the claim form and give outpatient records a copy of the medical documentation.

People will be reimbursed for medical care when traveling, but the rules change depending if you obtained care in Europe or in the United States.



Photo by SrA. Robert H. Gerlach

SSgt. Edward Thomas, 48th Component Repair Squadron, receives TRICARE information from Mary Crain, 48th Medical Support Squadron.

When seeking emergency or urgent care in Europe, active-duty members and their families will be 100-percent reimbursed. When in the states, family members are under continental United States TRICARE rules and cost shares are applicable. Active-duty members are always reimbursed for expenses.

Remember to save all receipts and medical documentation.

Nutritional team takes care of health matters

By Capt. Editha Heberlein
Registered dietitian

The nutritional medicine service team provides inpatient, outpatient, and community-based nutrition services to military members and families. Some inpatient services include nutrition education for special diets and quality food service.

The outpatient nutrition clinic is primarily a referral clinic, but you can refer yourself for counseling on weight management and good nutrition. For nutrition-related questions, the clinic is just a phone call away. For other medical conditions such as high blood cholesterol, high blood pressure, and diabetes, a referral from a physician is needed. We handle nutrition for all ages.

The nutritional medicine service is committed to enhancing readiness through nutrition education and continuously improving community-based nutrition programs. We are available for commanders calls to talk about proper nutrition to ensure readiness, for spouses' group meetings to address nutrition issues, and for any organiza-

tions willing to listen. The chief of the nutritional medicine service team is a certified health and fitness instructor through the American College of Sports Medicine and can show individuals appropriate techniques to measure body fat using a tape measure.

Certified home daycare providers receive assistance from us on how to plan healthy menus for children. Nutritional teams up with the 48th Services Squadron to ensure healthy food options are available at dining facilities through the Air Force Check-It-Out Program. We are also a member of the 48th Medical Group prevention team supporting lifestyle modification initiatives, such as weight management and tobacco use cessation.

The nutritional medicine service can be a part of your team. We would like to be there at your next commanders call or organization meeting to talk about how to beat the holiday weight gain. If your organization is interested in a fun way to support each other or achieve healthier weight, the nutritional medicine service team wants you. We are also looking for individuals interested in putting together a monthly cooking demonstration of heart-healthy dishes. If interested call Ext. 2084 or 6084 or 6088.

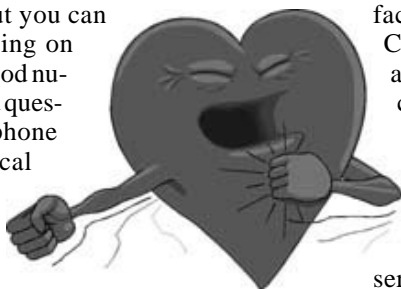


Photo by SrA. Robert H. Gerlach

What's up, Doc?

Sue Reese, wife of Capt. William Reese, 492nd Fighter Squadron, holds her daughter, Emily, steady while Maj. Alexis Plantier, pediatrics clinic, checks Emily's ear. Pediatrics takes care of the younger Liberty Wing members.

Radiology service offers 24-hour consultations to patients of any age

By Lt. Col. Donald Meduna
Radiology service chief
and MSgt. George Martinez
Radiology service superintendent

The radiology service offers 24-hour routine and emergency radiological consultation to patients of any age.

Outpatient care is provided 7:30 a.m. - 4:30 p.m. Monday through Friday, excluding holidays. Inpatient care is available seven days a week with 24-hour coverage. After hours emergency care is provided 24-hours per day by on-call personnel.

The radiology department supports seven geographically separate installations including: Navy London, Air Force Aid Station Stavanger Norway, RAF Menwith Hill, RAF Croughton, RAF Feltwell, RAF Lakenheath, RAF Mildenhall and RAF Upwood.

It's range of services includes plain films, called x-rays or fluoroscopy - done after a patient is given a dye, which appears in a fluoroscopy machine after it's been distributed throughout the body.

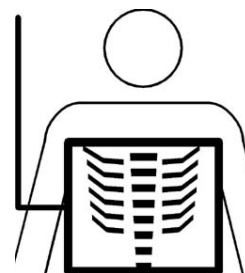
This helps identify many problems, such as intestinal obstruction. Examples of tests are barium swallows, barium enemas, kidney studies, mammography, ultrasounds, and computed tomography, also known as a CT scan which looks at several different sections of an organ.

The staff consists of two military radiologists, a part time civilian radiologist and 10 radiology technicians. Access to radiology services is by referral from a primary care provider or other specialist. This includes screening mammograms.

Radiology doesn't accept self-referral mammography patients. Plain film x-rays are taken on a walk-in basis. An appointment is necessary for all other types of tests.

Although children are welcome in the waiting room, bring another adult with you to supervise your children while you are being examined as children are not allowed in the examination room.

There are no child-care facilities available in our department. Of course, this does not apply if your child is the one being examined, so long as you have no other children with you.



OG relinquishment of command

Col. Norman Seip relinquishes command of the 48th Operations Group at 9:30 a.m. Oct. 28 in the Liberty Club ballroom. The ceremony is open to 48th OG members and invited guests. For more information call Ext. 3492.

Inspector general visits Tuesday, Wednesday

The U.S. Air Forces in Europe inspector general visits RAF Lakenheath Tuesday and Wednesday. To make an appointment with the inspector general at the base chapel, call TSgt. Todd Edeker at Ext. 5124 or Ext. 4500. Walk-ins are accepted.

USAFE band performance slated for Tuesday

The U.S. Air Forces in Europe band plays Tuesday at the Breckland Middle School in Brandon. To purchase tickets call Eileen Jacob at (01842) 810409.

Recruit-the-recruiter team conducts briefing Oct. 29

The recruit-the-recruiter team conducts a one-hour-briefing Oct. 29 in the 492nd Fighter Squadron auditorium. Staff-sergeant selects through master sergeants with less than 16 years in who are within 13 months of their date-estimated-return-overseas are eligible. Qualified candidates will be selected on the spot. The team also sponsors a briefing at Oct. 27 at the RAF Mildenhall theater. For more information, call Ext. 4492 or 89-2479.

TRICARE Prime enrollment has been postponed

TRICARE Europe Prime enrollment for CHAMPUS-eligible retirees and their family members originally planned to start Oct. 1 has been postponed. Until a new enrollment date for CHAMPUS-eligible retirees is set, all retirees and family members will continue to be seen on a space-available basis at military medical facilities. For more information, call the TRICARE service center at (01638) 526210.

ROTC seeks officers for instructor duty

The Air Force ROTC is seeking lieutenants, captains and junior majors with superior records to serve as Air Force ROTC instructors at 42 universities nationwide, including some in California, Florida, North Carolina and Texas.

Officers who are eligible to move in summer 1998 could have the opportunity to recruit, train and commission Air Force officers to help maintain a ready, qualified and trained Air Force.

Eligible candidates should call the Air Force Personnel Center at DSN 487-4941/4455, or commercial 210-652-4941/4455, before Nov. 29 to volunteer for tracking number "ROTC97-2."

Correction

Rachel Rivett works at the 48th Logistics Support Squadron, not at the base chapel as quoted on Page 8 in last week's "Jet 48."

People can be charged tax when mailing gifts stateside

American service members planning to mail gifts home this year should be aware of duty taxes they may have to pay. U.S. law imposes a tax, or duty, on foreign-made imported goods. For U.S.

personnel overseas, that means gifts sent home this Christmas may be subject to taxation.

American-made items mailed from overseas locations remain duty-free if they are not altered abroad in a way that increases their value, according to U.S. Customs officials.

Foreign-made gifts are allowed into the country duty-free if their retail value is under \$100. Multiple gifts can be shipped stateside but the recipient cannot receive gifts totaling more than \$100 on any given day. Also, if a single gift is valued at more than \$100, the entire shipment is subject to tax and a customs-processing fee.

"Many people think that gifts bought in military exchanges can go to the states duty-free," said Norman Kaucher, customs program manager at European Command, "but this is not necessarily true. The items have to be American-made to gain duty-free entry."

There are some breaks for people stationed overseas. "These people can send personal belongings home duty-free if they have official change-of-station orders," Kaucher said.

"Just put a copy of your orders in an envelope, stick it to the parcel and write clearly on the outside, 'Returned Personal Effects - Orders Enclosed,'" Kaucher said.

The "International Mail Imports" pamphlet available at military customs offices has more information on mailing gifts to the United States. For more information, call the post office at Ext. 3548. (USAFENS)



Photo by Capt. Patrick Ryder

Getting ready for the holidays

A postal clerk helps a customer send a package to the United States. People sending gifts and packages to the states should make sure they pay all applicable taxes.

Halloween trips

Information, Tickets and Tours is highlighting the following trips for Halloween: Sinister-London walk – Oct. 30, Jack the Ripper tour – Oct. 31 and the Lincoln Ghost walk – today. Call Ext. 2979 for more information.

Scary tales

Polly Howat tells scary stories from 7 - 8 p.m. Oct. 29 at the base library, for children 7 and up. Sign up in advance as space is limited. Call Ext. 3713 for further details.

Halloween costume contests

The RAF Lakenheath and RAF Feltwell community centers hold costume contests Oct. 31. Lakenheath's contest is from 4 - 6:30 p.m. and Feltwell's is from 5 - 8 p.m. Age categories are: 4 and under, 5 - 7, 8 - 10 and 11 and up. For more information call Ext. 2221 or Ext. 7291.

Scary library crafts

Children 3 - 6 can make a Halloween craft from 10 - 11 a.m. and noon - 1 p.m. Oct. 31. Children can wear costumes. Sign up in advance by calling the base library at Ext. 3713.

Halloween balloon deliveries

The RAF Lakenheath Community Center has Halloween characters delivering balloons on Halloween. Prices begin at \$7.50. Call Ext. 2221 to place your order.

Pumpkin carving competition

The arts and crafts center accepts entries for the pumpkin-carving contest Oct. 25 - 28. Carved pumpkins are judged Oct. 29. Categories are: category one – ages 7 and under; category two – ages 8 - 15; and category three – ages 16 and older. Entry is free. For more information call Ext. 2194.

Pumpkin carnival

The great pumpkin carnival begins at 5 p.m. Oct. 31 at RAF Feltwell Elementary School. It is open to the local military community. Any squadron units or booster clubs interested in selling food or providing a game for the carnival, or anyone interested in volunteering, should call Linda Paladini at (01842) 828671 or (01953) 885818.

Adoption symposium

An adoption symposium is from 10 a.m. - 4 p.m. Sunday at the family support center. The workshop is for families interested in adoption, have already adopted and who have just begun the adoption process. Presentations focus on legal issues, medical and developmental issues and trans-racial issues. Families who have been through the adoption process, staff from both the Adoption Exchange and the Voice for International Development and

Adoption and adoption professionals from local communities will be present to answer any questions. To register or for more information call Ext. 3847.

Volunteers needed

The health and wellness center needs air-men to be facilitators for "By the Numbers," a program designed to provide people with information so they can make informed decisions about responsible drinking. To volunteer or for more information call Ext. 2710.

Squadron closed

The 48th Comptroller Squadron is closed at 2:30 p.m. today for an official function.

Yuletide bazaar

The RAF Mildenhall Enlisted Spouses' Club's bazaar committee needs sales recorders Nov. 15 - 16. Volunteers will be offered baby-sitting, a chance to shop early Nov. 14 and chances to win trips and other door prizes. For more information call (01638) 510117, or (01353) 675201.

Term II schedule

The term II schedule for college courses is on the base intranet and can be found at the 48th Mission Support Squadron home page: http://lww/lakenheath/48thSupport_Group/48MSSCC/WEBPG/DPE/page2/page2.htm

Central Texas College

Central Texas College Term II registration begins Tuesday. Courses include: Managing Child Care Centers; Learning Environments II; First Responder; Sports Injuries; and more. For more information call Karla Akin at Ext. 3177 between 8:30 a.m. - 4:30 p.m. Monday - Thursday.

University of Oklahoma

The University of Oklahoma offers a 34-hour non-thesis Master of Human Relations degree. The format allows students to complete their degree in one and a half years. Register by Nov. 10 for the Dec. 9 - 14 course — seminar in Strategies of Social Change. For more information call Barbara Lamont at Ext. 3125.

City Colleges of Chicago

City Colleges of Chicago has study courses in more than 45 general education subjects. Register at any time. Call Pam Reinhard at Ext. 3825 for details.

Center hours change

The self help center begins winter hours Saturday. From then on, the center will be closed Saturdays until April 1. For more information call Ext. 2577.

At the movies

RAF Lakenheath

Today

7 p.m. – "Nothing to Lose" (R) An attempt to mug an advertising executive goes awry when the businessman takes the mugger hostage.

9:30 p.m. – "Contact" (PG) Starring Jodi Foster and Matthew McConaughey. An astronomer detects radio signals from outer space and becomes the first person to meet alien beings.

Saturday

7 p.m. – "Men in Black" (PG-13) Starring Will Smith and Tommy Lee Jones. Jones and Smith work for a top-secret government agency dealing with aliens on earth. The two discover a deadly intergalactic plot.

Sunday

1:30 p.m. – "George of the Jungle" (PG) Starring Brenden Fraser and Leslie Mann. Join George, Ursula, and their animal friends as they fight off poachers and confront many dangerous situations.

4 p.m. – "Good Burger" (PG) Starring Kel Mitchell and Kenan Thompson. Ed and Dexter are high-school teenagers on summer vacation in Los Angeles. They find summer jobs at "Good Burger" and wind up trying to save the no-frills burger joint from being squeezed out of business by a new burger stand.

7 p.m. – "L.A. Confidential" (R) Starring Kevin Spacey and Russell Crowe. In the early 1950s, Los Angeles was a booming utopia where anything was possible for those willing to make it happen. Organized crime and corruption went hand-and-hand and head-to-head in a deadly power struggle to rule the city. Three policeman become entangled in a web of intrigue and become victims of the system.

Monday

7 p.m. – "L.A. Confidential"

Tuesday

7 p.m. – "Good Burger"

Wednesday

7 p.m. – "L.A. Confidential"

Thursday

7 p.m. – "187" (R) Starring Samuel Jackson and John Heard. An urban high-school teacher returns to the classroom after a long recuperation from a knife attack by a student. Now he employs extreme measures when dealing with student problems.

RAF Mildenhall

Today

7 p.m. – "Picture Perfect" (PG-13) Starring Jennifer Aniston and Kevin Bacon. A life is anything but perfect for Kate, an attractive and talented advertising director. She's having trouble getting promoted because she is unattached and without responsibilities. With the help of her best friend Darcy, she invents a fictional fiancée.

9:30 p.m. – "Operation Condor" (PG-13) Starring Jackie Chan and Carol Cheng. A secret agent needs to find a fortune buried by German soldiers in the Sahara Desert during World War II. His search takes him from the South China sea to European capitals, while a legion of criminals are hot on his heels.

Saturday

7 p.m. – "The Edge" (R) Starring Alec Baldwin and Anthony Hopkins. A model has her rich but much older husband come with her to a photo shoot. On the way, their plane crashes in the middle of nowhere and tensions rise as the younger photographer and husband battle the wilds and their own passions.

9:30 p.m. – "Picture Perfect"

Sunday

7 p.m. – "The Edge"

Monday

7 p.m. – "Operation Condor"

Tuesday

7 p.m. – "The Edge"

Wednesday

7 p.m. – "Picture Perfect"

Thursday

7 p.m. – "Operation Condor"